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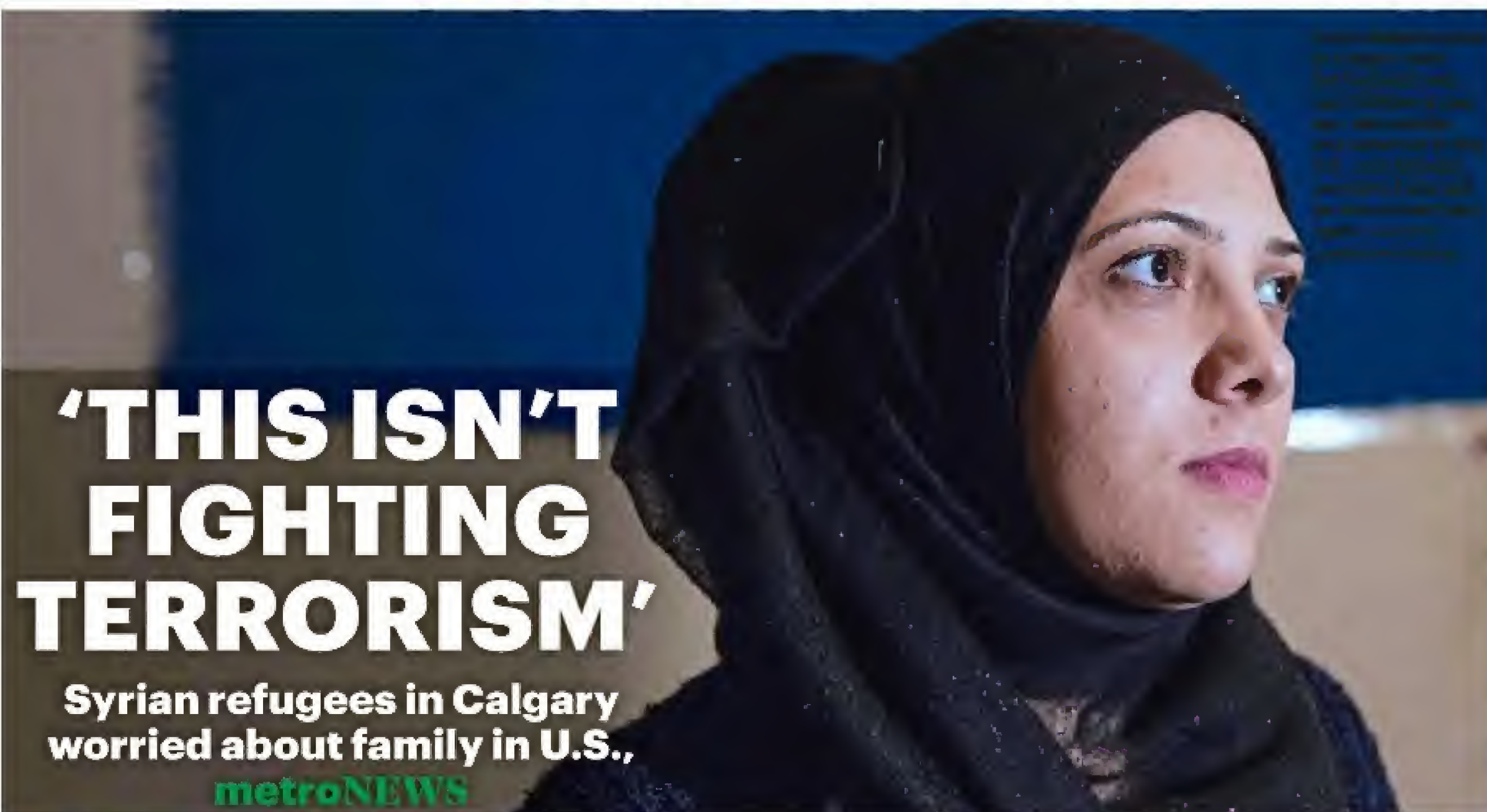
Calgary metro

LATE BREAKING
MASS SHOOTING AT QUEBEC MOSQUE
metroNEWS

Your essential daily news | MONDAY, JANUARY 30, 2017

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Donald Trump's administration: *Muslim ban*



'THIS ISN'T FIGHTING TERRORISM'

Syrian refugees in Calgary worried about family in U.S.,

metroNEWS

Plus:
More on the travel ban

CANADIANS COAST-TO-COAST SPEAK OUT

FEDERAL MINISTER ASSURES CANADIAN CITIZENS

metroNEWS

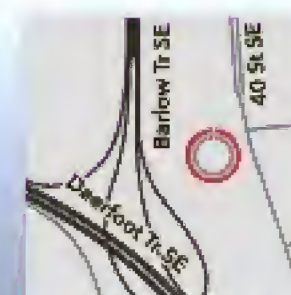
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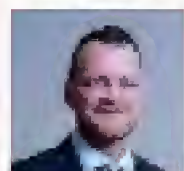
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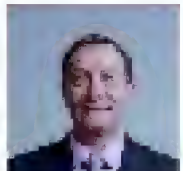
DARCY SCHINNOUR
SALES MANAGER
20 YEARS



MARTIN VENNERRI
SALES MANAGER
10 YEARS



SCOTT CLAY
6 YEARS



JOHAN DEDEUGD
11 YEARS



HAN KIM
25 YEARS



JOE CHIARIZIO
49 YEARS



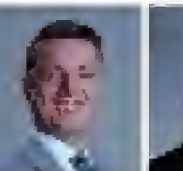
AARON SHOWIE
9 YEARS



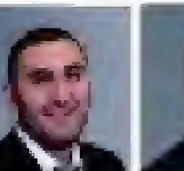
MICHAEL CYBULSKI
11 YEARS



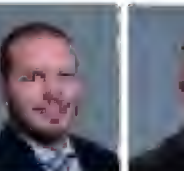
PHIL LAWRENCE
23 YEARS



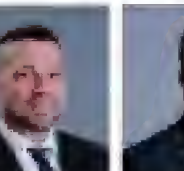
JOHN QUINLAN
14 YEARS



BILLY MANSOUR
2 YEARS



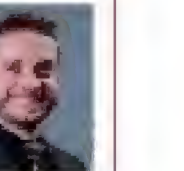
SCOTT SCHINNOUR
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Crazy week for conservatives

EDMONTON

Stephen Khan stepping down latest in string of changes



Kevin Maimann
Metro | Edmonton

The head of the Progressive Conservative Association of Alberta has a message for Wildrose leader Brian Jean, who said last week he would step down to seek the leadership of a new, combined right-wing party.

Not so fast.

"I think (Jean's statement) is a little presumptuous until we get down to the leadership and then sit down as a party and make that decision," PCAA Executive Director Troy Wason said Friday.

Tension has been mounting in Alberta's considerable right-of-centre camp since last fall, when PC leadership candidate Jason Kenney announced plans



Wildrose leader Brian Jean said if Alberta's two right-of-centre parties want to merge he'll step down to seek the leadership of the new party. THE CANADIAN PRESS

to "unite the right" and lead a joint conservative party.

Jean said Thursday any merger would have to be forged under the Wildrose umbrella to keep the party's rules and

funding in place, but he would be open to a name change.

A day later, PC leadership candidate Stephen Khan announced he was bowing out of the race and left some choice

words for his "damaged" party in the process.

"I expected it to be a well-run and principled campaign. Instead, it has devolved into vitriol, anger and division," Khan

wrote, in a statement posted to his website Friday, adding he could no longer participate in good conscience.

Khan's departure and message recalls November, when

Calgary MLA Sandra Jansen quit the PC leadership race claiming she had faced misogynist abuse.

Duane Bratt, a political scientist at Mount Royal University in Calgary, told Metro the PC party is all but toast after this week's events — which also included PC leadership candidate Richard Starke speaking out as the sole advocate for a coalition that would maintain both the PC and Wildrose brands.

"I would say in all three of them (Starke, Jean and Khan), it was just the dawning realization that Jason Kenney can't be stopped," Bratt said.

Wason, however, is not certain of what will happen.

"Anything can happen. You've seen what's happened in the last 24 hours. Fifty days is 20 lifetimes," he said.

Jean told Metro Friday that he made his decision after lengthy consultations with party members and supporters. He said the parties will have to unite by summer.

"I settled on this course of action over a month ago," Jean said.

TIMELINE | How tensions rose after Jason Kenney threw his hat into the leadership ring

Sept. 20, 2016

Calgary-Midnapore MP Jason Kenney ends long speculation by officially announcing he will quit federal politics to gun for leadership of the Alberta PCs — with the ultimate goal of merging the PC and Wildrose into one party.

Oct. 1, 2016

The PC party officially launches a leadership race to replace interim head Ric McIver on March 18, 2017.

Nov. 8, 2016

Sandra Jansen and Donna Kennedy-Glans, the only women in the PC leadership race, drop out. Jansen cites harassment and bullying.

Nov. 17, 2016

Sandra Jansen crosses the floor to the governing NDP and warns of "extreme" views and intolerance taking over the PC Party.

Nov. 21, 2016

Jason Kenney's campaign is hit with a \$5,000 fine for illegally campaigning at a PC delegate selection meeting in Edmonton-Ellerslie.

Jan. 15, 2017

Alan Hallman, a senior PC member and Kenney adviser, is suspended from the party for social media comments, prompting a public disagreement between McIver and party president Katherine O'Neill.

Jan. 26, 2017

Wildrose leader Brian Jean says he is willing to stand down and run for the top position in a united right-wing party, if such a party is created.

Jan. 27, 2017

PC leadership candidate Stephen Khan, the only Edmonton-area candidate, exits the race citing "vitriol, anger and division" on the campaign trail.



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HUDSON'S BAY

It's 'tearing families apart'

U.S. TRAVEL BAN

Calgarians call Trump's executive order cruel



Elizabeth Cameron
For Metro | Calgary

A Syrian refugee family who moved to Calgary shortly after their initial arrival in the U.S. is heartbroken they will not be able to visit family across the border.

On Saturday, U.S. President Donald Trump issued an executive order for a 90-day travel ban which prohibits entry to residents of Sudan, Somalia, Syria, Iran, Iraq, Yemen and Libya — all predominantly Muslim countries, although the president claims the order is to protect his country from terrorism.

Those with Canadian passports, including dual citizens, are not included in the ban which sparked protests at major airports across America.

"This isn't fighting terrorism,



Yusra Alshakh came to Calgary with her husband and two children a year ago. Her mother and sister are in the U.S., and Alshakh wonders if she will be able to see them again.

ELIZABETH CAMERON/FOR METRO

it's tearing families apart," said Saina Jamal, co-founder of the Syrian Refugee Support Group (SRSG).

She described a Syrian refugee family comprised of a couple and young child who moved to Canada last year, shortly after their initial arrival in the U.S.

The wife, Yusra Alshakh, was

planning to visit her family members that live in the U.S., but the SRSG had to explain that was not an option for the next few months at least.

Speaking through a translator, she said she feels devastated she might not get to see her mother or sister.

Refugees are fleeing countries ravaged by war and the

same terrorism Trump claims he is protecting the U.S. from, Jamal said. "To see these people blanket labelled as terrorists — it's unbelievable."

She said the SRSG tries to set an example for Calgarians about who Muslims truly are, and what compassion looks like.

"(Refugees are) people like you and me with hopes and

dreams who are trying to make a life again," Jamal said.

Calgarians gathered at the U.S. Consulate Office on Sunday to protest the ban, which has some reconsidering their travel plans.

Every spring, Elizabeth Chorney-Booth and her family visit her snowbird parents in Palm Springs, but she's thinking about cancelling the annual trip.

The mother of two was born in Libya, although she only carries a Canadian passport — meaning she would not be affected.

Chorney-Booth called the ban cruel and said she feels uncomfortable travelling south.

"I can travel in the U.S. because I'm not Muslim and I'm white, while other people born in the same country as me don't have that luxury," she said.

"That feels wrong to me."

She has to deal with the logistics of cancelling already-booked flights, hotels, and a car rental.

"I definitely won't be making any future plans to travel through the U.S. unless some big changes happen," Chorney-Booth said.

POLICE

Driver missing after crash

Calgary police are asking the public for information to help find a man who went missing near Canmore earlier this week.

David McSween, 34, was travelling west on Highway 1 at approximately 10 p.m. on Monday when a collision occurred, resulting in damage to his white 2015 Nissan Sentra.

In a news release, Calgary Police Services (CPS) theorized a passing motorist may have stopped to offer him a ride.

McSween is described as Caucasian, approximately five feet 10 inches, with brown hair and green eyes.

He has a medium build and a scar on his left forearm from his elbow to his wrist.

Anyone with information about McSween's whereabouts is asked to contact Crime Stoppers anonymously, or call the CPS non-emergency line at 403-266-1234.

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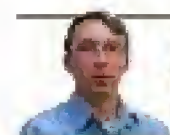
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TRANSIT

Committee looks at funding options for Anderson Station



Brodie Thomas
Metro | Calgary

A Calgary city council committee will sit down Tuesday to hash out how to pay for upgrades to Anderson CTrain Station.

The city unveiled plans to build a new Transit Oriented Development (TOD) parking garage at the station.

Area Coun. Brian Pincott said work on the project won't get started for a while yet, but this is taking the city one step closer.

He said the station structure is showing its age and needs work.

"It's absolutely horrible — that station, and particularly the pedestrian bridge that goes across to Southwood," said Pincott.

Photos submitted to the Priorities and Finance Committee

show crumbling concrete and exposed rebar in places.

City administration looked at a number of options for getting the funds to do the work. It is recommending council put the project on its 10-year Investing in Mobility plan. That allows the city to tap into provincial and federal dollars.

Pincott said the upgrades will make the area safer and more attractive to pedestrians and cyclists.



Damaged and deteriorating concrete at the Anderson CTrain station. COURTESY CITY OF CALGARY

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ARB members are professionals with expertise in real estate, property management, property development, property appraisal, assessment or law. Their decisions can have a significant impact on those that appear before them. Members of the ARB gain valuable training and experience and have the satisfaction of knowing that their contributions make a difference.

Visit calgaryarb.ca for more information on position requirements, time commitment and remuneration.

Deadline for receipt of applications is
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Opioid crisis woes

DRUG DEPENDENCE

Health officials say not enough resources now to help quickly



Elizabeth Cameron
For Metro | Calgary

Swapping opioids for other opioids might seem counter-productive — but it could be a key strategy to combat Alberta's growing opioid crisis.

Opioid replacement therapy (ORT) is the most effective intervention for treating opioid use disorder, according to a progress report released by Alberta Health's office of the chief medical officer of health (OCMO) in Nov. 2016.

It replaces illegal opioids such as fentanyl and heroin with methadone or buprenorphine (commercially known as Suboxone): opioids that don't give the user a high.

They also reduce withdrawal symptoms for those struggling with opioid use disorder, a medical condition often complicated by mental health conditions.

"There's still a shortage of, if not physicians, clinics that do this sort of medicine," said Ed Jess, director of prescribing and analytics at the College of Physicians & Surgeons of Alberta (CPSA).

In Calgary, the only provincially funded opioid dependency program (ODP) providing methadone and Suboxone is located downtown at the Sheldon Chumir Health Centre.

Those struggling with opioid use disorder can expect to wait four to six weeks to get into the program unless HIV-positive, pregnant, or otherwise prioritized.

Edmonton faces a similar situation.

"Four to six weeks is probably not an unreasonable wait time, given that that growth in demand has happened in a



Suboxone is used in opioid replacement therapy (ORT) for people addicted to deadly opioids such as fentanyl.

THE CANADIAN PRESS FILE

short time," said Julie Kerr, senior operating officer for community, rural, and mental health services in the Calgary Zone with Alberta Health Services (AHS).

"If you're the person experiencing the issue with the addiction, four to six weeks feels like a long time — we certainly know and appreciate that."

She said more funding from the province would be required to open additional clinics.

In Canada, physicians who want to prescribe methadone or Suboxone must obtain one of two types of exemptions from Health Canada under section 56 of the Controlled Drugs and Substances Act.

An 'initiation' exemption requires physicians to demonstrate they have experience in an opioid dependency related setting.

"It's helpful if they have post-grad training specific to addiction," Jess said.

He said just under 100 physicians in Alberta have obtained this type of exemption.

The other type is patient-specific: the physician must complete the online course and get a letter of support from each

patient's specific opioid dependency clinic.

Applicants for either exemption are required to take an online methadone-maintenance treatment course.

Before the course went online in 2014, it was offered once a year alternating between Calgary and Edmonton.

"Once we introduced this online the numbers (of interested physicians) went up quite significantly," Jess said.

The course is now offered several times a year, depending on demand. It's not just for physicians — pharmacists, nurses and can also take the course, too.

"It seems unfair for patients in the throws of a disorder like this to not have access to a clinic or physician to treat their condition, like any other medical condition," Jess said.

The CPSA has called for additional clinics in Grand Prairie, Fort McMurray and Lethbridge.

"Regardless of how you frame it, there's a huge issue in all of Canada," Jess said.

"No one organization owns this problem or can solve it on its own."



No one organization owns this problem or can solve it on its own. Ed Jess

OIL AND GAS

Rig worker training rebounds

Bundled up "like a snowman" on a wind-whipped Precision Drilling rig in wintry eastern Alberta, rookie hand Dan Brook says he couldn't feel more removed from his childhood home on the south coast of England.

For the 32-year-old, whose family moved to Canada 20 years ago, his new profession offers hope of a better life after 15 years working at low-paying hotel and mechanic shop jobs in Alberta and New Brunswick.

"I would like to see it as a

career," he says. "As of right now, definitely, I'm just going to throw myself into it as if I plan on doing it for the rest of my life and go from there."

Recent oil price stability over \$50 US per barrel and optimism sparked by the announcement in November of production cuts by OPEC and non-OPEC producers have resulted in rising numbers of oilpatch workers registering for courses at Enform, the industry's primary safety training organization.

"We're seeing a 10 to 15 per cent pickup," says Enform CEO Cameron MacGillivray.

"We don't know if that will continue through the year but with rig utilization up over the same period last year, we're optimistic."

It's good news for the non-profit organization that trained just 125,000 workers last year, the lowest number since it was founded in 2005. It posted a record high of 240,000 in 2014.

THE CANADIAN PRESS



Chad and Cherie Ball are the co-founders of WheelEstate.ca. Their website allows for peer-to-peer rentals of trailers. BRODIE THOMAS/METRO

One wheel of a deal

OKOTOKS

Travel, utility trailers hook up with sharing economy



Brodie Thomas
Metro | Calgary

You might think of it as Airbnb on wheels.

An Okotoks couple are hoping to start an entirely new peer-to-peer market with travel trailers and utility trailers.

Their service WheelEstate.ca allows owners of travel trailers (think fifth-wheels, camper trailers, popup tents, etc.) to rent them out to other users by the day.

The idea was born in the 2009 economic downturn, according to co-founder Cherie Ball. She and her husband Chad were feeling the pinch. "We really wanted to go away on a cheap little get away — the Cancun beach vacation was too expensive," she said.

So they approached a neighbour about privately renting his trailer.

"We found out that you cannot privately rent out your travel trailer — there's no insurance that covers it unless you buy a commercial policy," said Cherie.

That's the problem she and Chad set out to solve, and they

did it with one of the most famous insurers in the world, Lloyds of London.

Now people looking to rent out their trailers through WheelEstate.ca have the trailer insured the minute it is handed over to the person renting it.

That person foots the insurance bill per day, and trailers are only insured while they're rented out.

Rentals also come with 24-hour roadside assistance.

Cherie said there are other rental companies out there, but often they use trailers that come from dealerships.

WheelEstate will give the average trailer owner a chance to make some money back on an asset that might otherwise be parked.

"That's why our service is so awesome," she said.

"We're completely transparent about the insurance and we're very transparent about being peer-to-peer."

The website just launched and so far they've signed up about 15 trailer owners around southern Alberta.

Brian Gentles of Calgary is one of those customers.

His 37-foot fifth wheel is up for \$175 per day, or \$1,000 a week.

He's seen this sort of business model work with pleasure boats on the West Coast, so he's optimistic it will work for trailers.

"I think it's fairly enterprising of them," he said.

"I wish them every success."

RECORDING INDUSTRY

Closing vinyl plant returns some masters



Aaron Chatha
Metro | Calgary

A bit of good news from the apparent closure of Calgary's vinyl pressing plant, Canada Boy Vinyl: some bands are getting back their masters and finding alternate plants to work with.

Canada Boy Vinyl originally opened its doors in 2015, and quickly became a go-to for small to mid-sized bands looking for

vinyl pressings.

Unfortunately, its doors suddenly closed this month and calls stopped going through.

Owner Dean Reid told Metro that he would release an official statement on Jan. 9, but a statement never came and followup emails went unanswered.

Hopefully it's because Reid has been helping out his customers as best he can — like Blacktop Records.

Ben Andress, owner of Black-

top, was planning a big release and tour with '90s singer-songwriter Lisa Loeb. It's an important record for them.

"I had a day where I said there, like, 'Oh my God. How's this going to work?'" recalled Andress, upon learning of the plant's closure.

Luckily for them, Reid stepped in, accessed the locked warehouse, located and delivered Loeb's master to Andress.

They then found a record

plant in Cincinnati who was willing to rush out the record before the February launch (normally, pressings can take up to six months).

Although they haven't received refunds, a few artists have gotten a hold of their master discs.

Unfortunately other artists like Jo Jo O' & The WOODS, have yet to hear anything back, a situation which will hopefully change soon.

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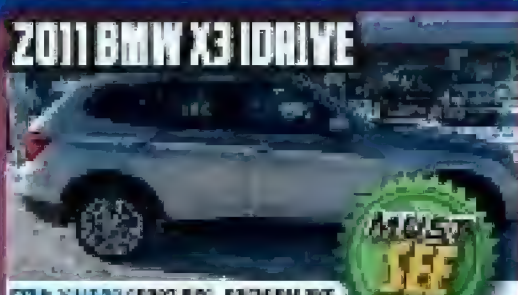
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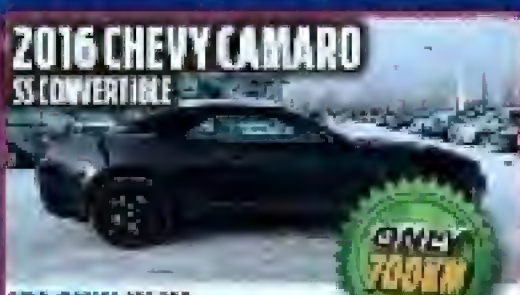
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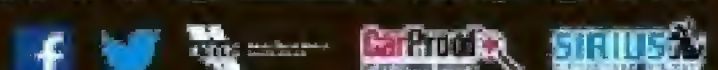
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Donald Trump's administration: *Muslim ban*

Voices from across Canada

As the reality of President Donald Trump's sweeping immigration order sinks in, dual Canadian citizens and refugees remain anxious and on edge. The order temporarily bars the citizens of seven predominantly Muslim nations — Iraq, Syria, Iran, Sudan, Libya, Somalia and Yemen — from entering the United States. **METRO CANADA**

OTTAWA

Amin Asadollahi, climate change lead at the International Institute for Sustainable Development in Ottawa, travels for work and said despite those assurances he is going to be cautious about travelling.

"Am I no longer able to do that? Do I have to teleconference in?" He said. Asadollahi said the U.S. policy change was so swift he finds it hard to predict what the administration might do next.

HALIFAX

News of the American travel ban shocked Nikki Jafari. Born in Iran, Jafari was raised in Turkey and moved to Canada as a child, settling in Halifax. She said she used to travel to the U.S. a lot but not anymore. "Now I'm just sick thinking about it," she said. "It creates so much conflict for real people."

VANCOUVER

Vancouver resident and entrepreneur Wyle Baoween just returned from an annual family vacation in Hawaii and had planned to attend meetings in Seattle, but says the recent travel ban has shaken his optimism.

"I was frustrated. You feel like you have no power to change anything," he said.



Edmonton's Saghar Sobhani

CONTRIBUTED



Toronto's Bayan Khatib

EDUARDO LIMA/METRO



Vancouver's Wyle Baoween JENNIFER GAUTHIER/FOR METRO

EDMONTON

Saghar Sobhani — who was also born in Iran and forced to flee — now lives in California, where he studies aerospace engineering. Sobhani said she and her boyfriend met as refugees living in Turkey, where she had fled after persecution in Iran.

WINNIPEG

Azita Fazelkhah, a 29-year-old from Iran who has been in Winnipeg on a student visa since September 2014. She's working on a PhD in electrical engineering at the University of Manitoba and had planned to attend a scientific conference in New Orleans in February. The travel ban means she will likely have to cancel a trip she and her Iranian boyfriend spent months planning.

NEW BRUNSWICK

Army called in after ice storm

New Brunswick's premier says the military is sending between 100 and 150 troops to help with recovery efforts in the areas that have been hardest hit by last week's ice storm.

Brian Gallant said Sunday that soldiers are being deployed over the next 24 hours in the effort to assist local authorities by going door-to-door to check in on residents, clear debris and distribute water and other essentials.

"Everybody is in a mode in which we understand that every minute counts, every hour counts and every day counts, and we're all focused on one thing," he said.

New Brunswick Power reported that more than 25,000 customers were affected by the outages Sunday, the bulk of them on the Acadian peninsula, where the impact of Wednesday's storm has been most severe.

The Armed Forces sent in a recon Saturday to see how to best direct their efforts in response to the premier's request for help.

Around 350 crews worked under strenuous conditions Sunday that have stalled restoration efforts, Gallant says, such as extreme ice loading on lines, which has even caused new outages on the Acadian Peninsula.

THE CANADIAN PRESS

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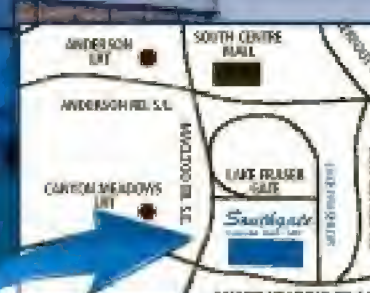
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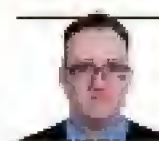
Donald Trump's administration: *Muslim ban*

Immigration Minister Ahmed Hussen THE CANADIAN PRESS

Minister clarifies restrictions

IMMIGRATION

Citizens won't be kept out of U.S.: Hussen

Ryan Tumilty
Metro | Ottawa

Federal Immigration Minister Ahmed Hussen said Sunday he's been assured Canadian citizens and permanent residents can travel through the United States as usual, even if they also hold citizenship in one of seven countries President Donald Trump targeted in an executive order.

Trump's order over the weekend banned citizens

from Iraq, Iran, Syria, Libya, Somalia, Yemen and Sudan from travelling to the U.S., leaving thousands in limbo at airports around the world.

Hussen said he has received assurance from officials that dual-Canadian citizens and permanent residents with a valid card would not be stopped.

Daniel Jean, Canada's Na-

tional Security Advisor, said his American counterparts have assured him that dual Canadian citizens were never the target.

The minister did not condemn the U.S. actions, but said Canada would continue to be open to refugees. He did not commit Canada to taking on more refugees from the affected countries.

Canadian implications 'could be far-reaching'

U.S. President Donald Trump might not be on his way to Canada any time soon, but he — and his decision to order a temporary ban on visitors from seven Muslim-majority countries — is expected to be front and centre as MPs return to Ottawa on Monday.

Prime Minister Justin Trudeau, who created a bit of a stir over the weekend when he tweeted a thinly veiled message to the American administration about how Canada welcomes refugees regardless of their religion, is scheduled to be in the House of Commons for question period that will likely focus on all things Trump.

The New Democrats are calling for an emergency debate Monday on the implications of the executive order signed by Trump, which also put an indefinite halt to the Syrian refugee program south of the border and created much confusion for Canadians — including at the highest levels of the Liberal government.

"I think the implications could be far-reaching," said NDP MP Jenny Kwan, the immigration critic for her party.

Kwan said she wants to know how the executive order will affect Canadians, and what the Liberal government plans to do about it.

Some of those answers came later Sunday afternoon, when Immigration Minister Ahmed

Hussen held a news conference in Ottawa alongside Daniel Jean, the national security adviser, and other officials to share what they had been able to glean in talks with the White House and other American officials.

The group said they were told that people with Canadian passports, including dual citizens, will not be affected and were never intended to be. Those with permanent resident status in Canada — and carrying valid permanent resident cards along with a passport from one of the affected countries — will also be able to enter the U.S. as before, said Hussen, who came to Canada as a refugee from Somalia.

Government House Leader Bardish Chagger seemed open to the call for a debate, although she noted it would be at the discretion of Speaker Geoff Regan.

Conservative immigration critic Michelle Rempel said she wants to see more debate on immigration policy in general, including the consequences of lifting visa requirements for Mexican visitors and progress on the Liberals' commitment to settle Yazidi refugees.

"I think we need to have a broader discussion about immigration policy in Canada in light of a lot of the inflamed rhetoric on both sides of this debate," Rempel said Sunday.

THE CANADIAN PRESS



Prime Minister Justin Trudeau speaks with media at a press conference in Winnipeg on Thursday. JOHN WOODS/THE CANADIAN PRESS

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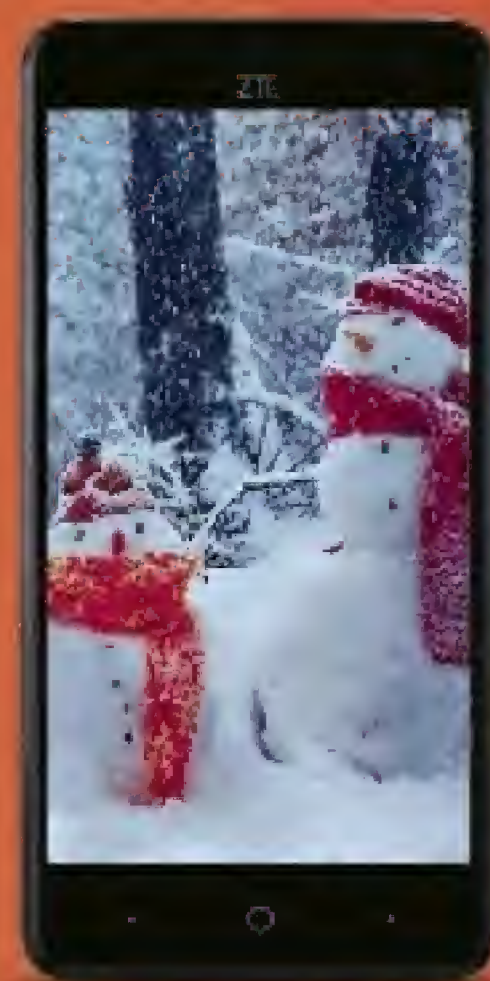
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Donald Trump's administration: *Muslim ban*

Advocates 'in crisis mode'

RESISTANCE

Lawyers struggle, protesters rally as White House clamps down

President Donald Trump's immigration order sowed more chaos and outrage across the country Sunday, with travellers detained at airports, panicked families searching for relatives and protesters registering opposition to the sweeping measure that was blocked by several federal courts.

Attorneys struggled to determine how many people had been affected so far by the rules, which Trump said Saturday were "working out very nicely."

But critics described widespread confusion, with an untold number of travellers being held in legal limbo because of ill-defined procedures. Lawyers manned tables at New York's Kennedy Airport to offer help to families whose loved ones had been detained, and some 150



Protesters carry signs in Lafayette Park near the White House during a demonstration to denounce President Trump's executive order. ALEX BRANDON/THE ASSOCIATED PRESS

Chicago-area lawyers showed up at O'Hare Airport after getting an email asking for legal assistance on behalf of travellers.

"We just simply don't know

how many people there are and where they are," said Lee Gelernt, deputy director of the American Civil Liberties Union's Immigrants' Rights Project.

Advocates for travellers say the chaos is likely to continue. The executive director of National Immigration Law Center, Marielena Hincapié, said "this is

just the beginning."

"We're really in a crisis mode, a constitutional crisis mode in our country, and we're going to need everyone," she said. "This is definitely one of those all-hands-on-deck moments."

Protests continued across the country Sunday. Demonstrations first erupted Saturday, a day after Trump signed the order banning travel to the U.S. by citizens of Iraq, Syria, Iran, Sudan, Libya, Somalia or Yemen. The president also suspended the U.S. refugee program for four months.

Standing in sight of the Statue of Liberty and Ellis Island, demonstrators on Sunday packed New York City's Battery Park to demand an end to President Donald Trump's ban on travellers from seven majority Muslim nations. The crowd gathered Sunday near the ferries that carry visitors to the statue and the island, the place where 12 million people entered the U.S. in the golden age of immigration. They carried signs saying "America was built by refugees," and "Muslim ban is un-American." THE ASSOCIATED PRESS

Global reaction

UNITED KINGDOM

Prime Minister Theresa May does "not agree" with Trump's order and will challenge the U.S. government if it has an adverse effect on British nationals, a spokesman said. AP

GERMANY

Chancellor Angela Merkel is convinced that even the necessary, resolute fight against terrorism doesn't justify putting people ... under general suspicion," a spokesman said. AP

NETHERLANDS

Far-right groups applauded the restrictions and said they should be used as a model for the continent. Populist Geert Wilders said in a tweet: "It's the only way to stay safe + free." AP

ITALY

"What Trump's doing on the other side of the ocean, I'd like it done also here," said Matteo Salvini, leader of the anti-immigrant Northern League said. AP

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Fatalities in 'barbaric' mosque shooting

QUEBEC CITY

Two suspects held, no motive confirmed

Quebec City police say there have been fatalities at a shooting incident at a mosque in the provincial capital.

Police tweeted there were deaths but didn't say how many victims there were. Some re-

ports said there were up to five dead and 10 other people injured.

Police say two suspects are in custody.

Public Safety Minister Ralph Goodale tweeted Sunday he is deeply saddened by the loss of life, his office says no motive has been confirmed.

Quebec Premier Philippe Couillard reacted on Twitter by calling it "barbaric violence."

"All our solidarity is with

those who are close to the victims, the injured and their families," he said.

The mosque in question had a pig's head left outside the building last June.

Prime Minister Justin Trudeau also weighed in on the tragedy.

"Tonight, Canadians grieve for those killed in a cowardly attack on a mosque in Quebec City," he tweeted. "My thoughts are with victims & their families." THE CANADIAN PRESS



Police on the scene of a shooting at a Quebec City mosque Sunday. FRANCIS VACHON/THE CANADIAN PRESS

MILITARY

Al-Qaida targeted in U.S. raid in Yemen

A U.S. military service member was killed Sunday during a raid against al-Qaida militants in central Yemen that also left nearly 30 others dead, including women and children.

The loss of the service member is the first-known combat death of a member of the U.S. military under President Donald Trump.

"Americans are saddened this morning with news that a life of a heroic service member has been taken in our fight against the evil of radical Islamic terrorism," Trump said in a statement.

The U.S. has been striking al-

Qaida in Yemen from the air for more than 15 years, mostly using drones, and Sunday's surprise pre-dawn raid could signal a new escalation against extremist groups in the Arab world's poorest but strategically located country.

A U.S. defence official said the raid was approved by Trump. President Barack Obama had been briefed on it before he left office on Jan. 20, but for operational reasons it was not ready to be executed before he departed, according to the official.

THE ASSOCIATED PRESS



Smoke billows behind a building following a Jan. 22 airstrike by the Saudi-led coalition in the Yemeni capital Sanaa. AP/GETTY

NIGERIA

Gunmen ambush convoy

Gunmen believed to be Nigeria's Boko Haram Islamic extremists attacked a convoy of motorists along a recently secured highway, killing at least seven people and injuring many others, including soldiers in a military escort, witnesses said.

The Maiduguri-Biu highway has been one of the most dangerous routes in northeastern Nigeria for three years because of Boko Haram attacks. The Nigeria military recaptured it last year and declared it safe, but the military escorts motorists moving in convoy along the road.

The gun fight continued for some time with many passengers ducking in their vehicles to avoid being hit by bullets, said Pambe.

The incident came three days after Boko Haram gunmen suffered a heavy loss of members after a foiled attempt to attack a military base in Borno state. In that incident, a large number of the insurgents stormed a military base in Kamaya but failed to dislodge the soldiers.

Neither the police nor the military has yet issued a statement on the Maiduguri-Biu road attack. THE ASSOCIATED PRESS

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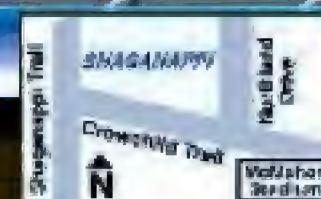
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Business metro NEWS

Father-son team aim for moon

INNOVATION

Developing technology to 3D print in space

For Alex and Sergei Dobrianski, the building blocks of an upcoming revolution in the space industry are found in moon dust.

Over the past five years, the father-and-son team has been developing the technology to send a 3D printer to the moon that can extract and use the various fine-grained metals coating the lunar surface to build everything from satellites to computer processors.

"Our path is to establish on the lunar surface some kind of 3D-printing factory," said Alex, who was 35 when he came to Canada from the Ukraine with his wife and three children. "We want to move all space production of any space equipment from Earth to the moon."

Alex's laboratory is in his home on one of the upper storeys of a downtown Vancouver highrise. Space-themed posters pepper the walls and pieces of electronics equipment are scattered about the room.

"There is everything (on the moon) to produce what you



Alex Dobrianski, with his son Sergei, holds a model of the structure of their proposed entry in the Google Lunar X competition, in Vancouver, B.C. THE CANADIAN PRESS

need, except carbon, (which) will be the equivalent of gold," he said.

Metals available on the moon's surface include aluminum, titanium, magnesium, iron, silicon and calcium, all in oxidized form, he added.

Alex's son Sergei, 29, explained how the process of harvesting oxidized metals from lunar dust also releases oxygen, which can serve as rocket fuel.



There is everything (on the moon) to produce what you need.

Alex Dobrianski

"Our vision is to 3D print. But even before that happens I believe we'll be using those materials as a fuel depot," Sergei said. "Imagine if you could start utilizing those materials to refuel satellites that are now in space."

The catalyst for the project came from the \$30-million Google Lunar XPRIZE, an international competition to reach the moon using exclusively private funding. To win, a team must land a rover on the lunar surface, travel 500

metres and send back high-definition video.

The Dobrianskis' Team Plan B was the only Canadian competitor among 16 groups shortlisted last summer for the competition. That list was reduced Jan. 24 to five teams that secured launch contracts to send their robots into space.

The Dobrianskis were not among the finalists, but Sergei said their company is pushing forward with new seed money and support from the Centre for Applied Research and Innovation at the B.C. Institute of Technology.

"Through the years we've decided that this is something we're going to focus on with or without the Google Lunar XPRIZE," he said, adding that the competition was invaluable for networking and recruitment.

Sergei credits his father's passion and commitment for much of the team's success.

"Alex has always had a drive to achieve the impossible. Always," his son said, smiling sheepishly. "Any time you tell him something is impossible, he's going to go beet red and he's going to try and prove you wrong. Any time he hears, 'This is not a possibility. You cannot do this,' this actually mobilizes him."

THE CANADIAN PRESS

WEBSITE

Migrants thrown lifeline

Migrants navigating a new language, unfamiliar cultural conventions and Germany's multitude of rules and regulations are finding help online in their adoptive country courtesy of one of their own.

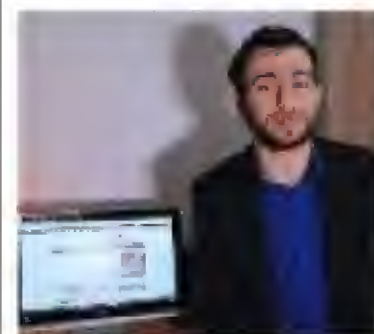
The website arabalmany.com — which translates to Arabs in Germany — was founded a year ago by Syrian IT expert Talal Mando. The site contains a range of information, including news about Germany, feature stories explaining German culture and crucial job offers for newcomers.

"No one came to Germany to sit around," Mando, who was part of the flood of 890,000 migrants who came to Germany in 2015, said of the site's success. "The people want to work and learn new things."

The idea for the site came to Mando shortly after the soft-spoken 28-year-old arrived in Germany and started looking for guidance about how to apply for asylum, learn German, and find work.

He quickly realized that most written information was available only in German or English — not a problem for him as a fluent English speaker, but a major barrier for many fellow Syrians and other migrants who spoke only Arabic.

THE ASSOCIATED PRESS



Talal Mando shows off his website arabalmany.com in Berlin. THE ASSOCIATED PRESS

PIPELINES

Leaks blamed on errors

Human error — whether it's burying a pipeline too shallow or not fastening bolts tight enough — is increasingly a factor contributing to pipeline leaks. Figures compiled by the National Energy Board show that in the past three years, incorrect operation has caused an average of 20 leaks per year. THE CANADIAN PRESS

EMPLOYMENT

Tech giants lack racial, gender diversity

The tech industry brought us self-driving cars, artificial intelligence and 3D printers. But when it comes to racial and gender diversity, its leading companies are no trailblazers.

Despite loudly touted efforts to hire more blacks, Latinos and women, especially in technical and leadership positions, diversity numbers at the largest tech companies are barely budging. In 2014, 2 per cent of Google

employees were black and 3 per cent were Hispanic, numbers that have not changed since. The picture is similar at Facebook and Twitter. Microsoft is slightly more racially diverse (though not when it comes to gender) and Apple even more so, though still not reflective of the U.S. population. Amazon is more racially diverse still, although it counts a large, lower-wage warehouse workforce in its totals.

Tech companies tend to blame a "pipeline problem," meaning a shortage of women and minorities with technical qualifications. But a number of academic experts, industry employees and diversity advocates say there's a bigger problem. Silicon Valley, they argue, has failed to challenge its own unstated assumptions about what makes for great tech employees. "The people who are doing

the hiring are not changing their thinking around what they view as qualified," says Leslie Miley, engineering director at the message-service startup Slack. Hiring managers, he says, spend too much time worrying that applicants who don't fit tech stereotypes aren't "Google-y enough or Facebook-y enough or Apple-y enough or Twitter-y enough."

THE ASSOCIATED PRESS



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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

Is it polite to decline a destination wedding invitation from a work friend you wouldn't invite to your own wedding?

Dear Ellen,

A work friend of mine got engaged over Christmas, and invited me to the wedding. I was surprised because I love working with her, but we don't really see each other outside of work, and honestly if I was getting married I don't know if I would invite her. The only problem is the wedding is in Jamaica, which is pretty far from Calgary. So it will be expensive to go, and it's in May. I might be tempted to go and make a holiday of it if it was winter here, but it doesn't make sense to go in the spring-summer. I feel bad about not going, but also a little mad that she expects me to pay for a big trip like this. Is it polite to decline the invitation?

Saskia

Dear Saskia,

According to the most recent statistics I could find in a one-minute Google search, more than 160,000 Canadian couples are getting married this year, and, according to Weddingbells.ca, one in four will choose to have destination weddings.

Which means a lot of wedding guests will be shelling out for trips to fulfil someone else's fantasy instead of spending their hard-earned dough on their own pre-planned holiday.

Expecting guests — especially ones such as yourself who aren't close to the couple outside of work, and have no personal connection to the family — to commit so much time and money to their wedding can definitely seem unreasonable.

On the other hand, consider the possibility of mitigating factors. Is the bride inviting other people from work? If so, she may have thoughtfully included you



rather than risk your feeling excluded. Is she or her partner originally from Jamaica? If so, they might justifiably want to get married there. Is she actually from Calgary, but going to Jamaica because she hates her local friends and relatives and wants to discourage them from attending? In that case, you can decline the invite with a

clear conscience.

As I've pointed out in previous columns, weddings make all kinds of sensible people lose their minds. And the rest of us should go along, as much as possible within reason, in the name of love and friendship.

But that doesn't mean we have to bend to demands we find unacceptable or un-

affordable. Simply send your regrets, no explanation necessary, and follow up with a thoughtful gift. If she complains or tries to pressure you, chalk her bad manners up to wedding madness, and try not to hold it against her.

Need advice?
Email Ellen:

scene@metronews.ca

NADINE YOUSIF

Why Trump's Muslim ban really hurts

I made plans to visit New York City over the month of February. Like most Canadians, I did this without a second thought. After all, crossing the border down south is easy for us. Shopping trips in New York State, winter breaks spent in Florida, or a visit to countless U.S. cities to see family and loved ones are common occurrences for Canadians.

Suddenly, my plans came to a halt under Donald Trump's so-called "Muslim ban," all because of my place of birth. I am an Iraqi-Canadian who was born in Baghdad. My family came to Canada 10 years ago, and I currently hold dual citizenship from both countries. As my plans were halted, so was an embodied sense of safety and security that I've held within me since I've immigrated to Canada.

Being Iraqi in today's age already comes with its own challenges — waking up every day to news of massacres back home with the imminent fear of family members being lost, while dealing with the constant desensitization people seem to hold towards tragedies in the Middle East, is never an easy task.

But as an Iraqi-Canadian, I always held a sense of hope and a better future for my family and me. I am constantly grateful for the opportunities and support Canada has given me, while still being proud of my Iraqi identity — a fact I proudly display through a giant Iraqi flag that sits in my bedroom.

When news emerged that dual citizens from the seven countries outlined in Trump's ban are now barred from entering the U.S., the same Iraqi identity I held so dear felt like it was now reduced to an identity of a second-class citizen.

Prime Minister Justin Trudeau reassured the public by stating that Canadian dual citizens

can still enter the U.S. with no problems, but the damage has already been done for countless Canadians like me.

This Muslim ban has taken hopes of new experiences, re-connecting with family and loved ones, and the simple freedom of will away from us, while reinforcing an idea that we are merely to be looked at as suspicious, criminals, and untrustworthy.

It is hurtful to know that despite being a citizen of Canada and having visited the U.S. on multiple occasions for the better part of the last six years, freely crossing the border can suddenly be taken away from me, simply because of my place of birth — a fact that cannot be controlled. It is hurtful to know that the possibility to see my grandparents, aunts, uncles, and cousins in the U.S. could diminish at any moment for no reason, and for matters that are beyond my control.

But overall, the most hurtful part is the promotion of the negative and false rhetoric that surrounds Arabs and Muslims in part by this ban, all while many fleeing serious danger are now being denied a chance at life.

For now, I may be able to cross the border in February, but this incident has left those like me to live in a constant state of fear and confusion due to blatant racism.

I know that I, for one, will not be able to cross the U.S.-Canada border under Trump's America without the constant fear of prosecution.

And no innocent person, regardless of any place of birth or citizenship, should ever feel that way.

Nadine Yousif is a fourth-year journalism student at Carleton University, editor of the campus paper, the *Charlatan* and a dual Iraqi-Canadian citizen.



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Lisa Wright
Torstar News Service

Rowena Chan knows all about the so-called "déjà-boom" effect from relatives, friends and the usual water-cooler chatter among colleagues.

But it's also a growing part of her business. The phenomenon of grown kids boomeranging back home has become a big issue when it comes to baby boomers planning for retirement, says Chan, senior vice-president, TD Wealth Financial Planning.

According to a recent TD survey, the boomerang effect is in full swing, as a growing number of millennials continue to lean on their parents or grandparents for financial support — or to get their old room back.

In fact, almost 60 per cent of young adults ages 20 to 24 were living with their parents in 2011, according to the most recent census data, while one quarter of 25- to 29-year-olds were living with their parents that year.

And Statistics Canada says the trend has been steadily increasing since 1981.

One in four Canadian boomers admits to supporting their adult children or grandchildren, says the TD study.

"The people ready to retire in 10 or 15 years, they want their children to have a good start," she says, adding, "It may derail them a bit" from their retirement goals.

The survey found that 62 per cent of the baby-boom generation feels that supporting their offspring into adulthood is preventing them from saving enough for retirement, and 58 per cent reported feeling financially stressed by the situation.

"As a parent or grandparent,

There goes the retirement dream

Nearly two-thirds of boomers say supporting adult children is preventing them from saving for retirement



ISTOCK

it's natural to want to help our kids and grandkids, who may be facing financial challenges such as finding full-time employment or paying their day-to-day expenses," Chan says.

"It's important that this desire to help is balanced with the goals you have when it comes to retirement," she notes.

The trend is not going unnoticed by boomers' children, either.



Almost half (44 per cent) of millennials report that they're

“

It's natural to want to help our kids and grandkids who may be facing financial challenges

Rowena Chan, senior vice-president, TD Wealth Financial Planning

fully aware of the financial stress the situation places on

mom and dad, with 43 per cent of millennials saying they are willing to cut costs before asking for their parents' help.

Experts say that retirement goals are still within reach. Meeting with a financial planner and doing a goals-based assessment is key to determining what the options might be for parents who are supporting kids while keeping their retirement plans on track.

\$ LIVING TOGETHER

Negotiate the return

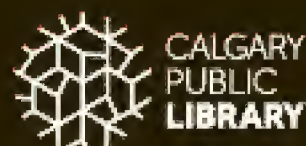
Discuss how everyone can contribute to the household budget and operations. For example, parents may be able to cover basics such as room and board, but expenses such as cellphone bills, car payments, and recreational activities could be covered by the kids. Also, consider having everyone pitch in to the costs of running the day-to-day operations and dividing the household chores.

Prepare to relaunch

Whether it's a newly married son and his spouse and child, or a daughter who recently graduated and has moved back home, there are plenty of opportunities to educate all family members on the importance of being fiscally responsible and working toward financial independence. Use a financial planner who has experience working with multi-generational family dynamics.

Decide when to release

As everyone maps out their action plans, identify a date when you will no longer be financially committed to each other. As you approach this date, set up a series of mini-goals that will allow parents or grandparents to free up funds to divert toward retirement savings, while ensuring that the kids are meeting the savings targets they set.



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Making your food budget go further



Millions of Canadians are feeling the pinch over prices at the supermarket. iStock

PERSONAL FINANCE

Shopping for groceries through winter's prices

Gail Vaz-Oxlade
For Metro Canada



Food prices just keep going up. And up.

My usual rule of thumb of \$50 per person per week for groceries just won't cut it in the winter, when a head of anything green costs \$5.

So how do you survive on the limited amount you have designated for food?

You have to be a good shopper. For instance, a dozen eggs costs about \$3 to \$6. Eggs are full of protein and are quite filling.

Shop the sales

One week bread may be on sale, the next tins of salmon. Have a float of about \$20 in your food budget to take advantage of the specials that will save you money over the month. Scour the fliers for deals and then hit the store with a price-matching policy. Peanut butter that usually sells for almost five bucks

can be had for as little as \$2.49 on sale. (I bought four.)

Use everything you buy

Waste is the biggest enemy of a tight budget. Old potatoes become hash browns. Just-going-off veggies become stew fixin's. Chicken bones become stock with addition of some onions (cheap) and left over veggies.

Look for alternatives

Beans are a great source of protein. Add a little sausage (you can buy a pack of five sausages for \$3.49; add one to a meal for flavour), and bulk up with veggies that will give you the vitamins and minerals you need to be healthy. Overeating happens when you're eating empty calories and your brain says, "keep going" until you get the nutrients it wants.

Invest in healthy staples

Peanut butter, oatmeal, rice, chickpeas and pasta all make your food budget go much further.

Cook ahead

Batch cook and freeze portions so you can jump-start dinner when you're short of time or energy. Soup is easy to make and can feed you for days (or freeze it for a meal next week and in weeks to come for variety).

DIY

Don't buy prepared foods. Ever! Chop your own lettuce. Cut your own carrots. Back to basics, babies. Making your own sauces means you can flavour them just the way you like (more or less garlic, with or without cilantro).

Add variety

Mussels are cheap (less than \$2 a pound) and you don't have to get too fancy with them. Add stock (do you know you can make fish stock from left-over shrimp tails along with fish skin and bones?), sweet onion, garlic, a bay or lime leaf and enjoy a fabulous meal. Or curry those puppies and then use the leftover sauce to cook your next meal.

Slow down

Make eating a wonderful experience as opposed to something you rush through. Savour the flavour. Relish the freshness.

Eat green

Stick with lots of fruit and veggies. As Michael Pollan says, "Eat food, not too much, mostly plants."

For more money advice, visit Gail's website at gailvazoxlade.com

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Dramedy takes sexual assault seriously

NEW SHOW

Daring story of vigilantes who avenge rapes rings true

Sophie van Bastelaer
Torstar News Service

Two young women clad in ninja suits and black masks rain punches and karate chops on a frat brother in his dimly lit bedroom amid his yells and objections.

They lean into his terrified face and threaten him, voices warped: "You ever touch a woman without consent again, we'll be back. And we won't be so sweet."

He stutters as he responds. "You're not sweet. You're vicious!"

MTV's daring new show *Sweet/Vicious*, fittingly rife with contradiction, follows two college women avenging rape victims on a university campus that does a frustratingly awful job at protecting them.

"People are just getting away with awful things," Jules, a recent rape survivor, says. "I'm trying to make some of that right."

Sweet/Vicious, which airs its first-season finale on Tuesday, has earned critical acclaim for its self-aware focus on the realities of sexual assault and its aftermath. (The whole season can also be streamed at mtv.ca.)

It's written as a dramedy and is often hilarious, but because the subject itself appears so rarely in Hollywood and so distressingly in real life, and because this depiction is so bold, painful and unforgivingly straightforward, *Sweet/Vicious* ends up feeling almost unfit for the pop culture-obsessed music channel.

There is a glittery MTV



Eliza Bennett, left, and Taylor Dearden star in MTV's *Sweet/Vicious*. HANDOUT

sheen — cringe-worthy slang, ill-timed indie covers of popular songs, saccharine love scenes and so on — that occasionally detracts from its empowering messages.

But there's no denying it's daring and original. The overarching lesson inherent in both the show's trajectory and its title is that a person cannot be defined one simple way; within every person are different degrees of good and bad, silly and serious, sweet and vicious.

The show quite clearly takes pleasure in its many contradic-

tions, which provide viewers with the same kind of thoughtful discomfort its leads often feel. It touches briefly on issues of racial profiling and girl-on-girl assault, among other subjects that creator Jennifer Kaytin Robinson has said she would like the show to tackle should it be renewed for another season.

other season.

It's refreshingly well-written and it doesn't sugarcoat. The two mismatched but complementary vigilantes, Ophelia and Jules (deftly played by Taylor Dearden and Eliza Bennett, respectively), do not get off scot-free for beating men they call "garbage" to a bloody

pulp; they face physical and emotional consequences both from law enforcement and from one another.

"I can barely remember the girl that I was before I got raped and I just know that I miss her," Jules tells Ophelia at one point, her voice cracking. Watching, I burst into tears, not for the first time. Always a television crier, this show struck a special, affecting chord with me because of having personally — and recently — experienced sexual assault.

I found myself stunned at

how accurately the actors, imitating survivors, portrayed their reactions and emotions. I worried that Jules' debilitating PTSD, which affected her intimacy with love interest Tyler, might similarly affect me when I try dating again.

I felt inextricably connected to the story and to its resolution; for better or for worse, I couldn't dissociate myself from the main characters. I do wonder if watching would be as difficult and as cathartic for someone who had no experience with rape. I'd be interested to know both what other survivors thought of the show and what others less personally invested took away from it.

Unlike other young adult-centred shows like *Degrassi*, *Sweet/Vicious* spends the entirety of its season focusing on one drastically overlooked subject rather than flitting between issues plaguing teens, and it contradicts itself more often than is typically pleasant in teen TV. Crucially, *Sweet/Vicious* is not shocking simply for the sake of being so.

Ultimately, what is so scary and uncomfortable about the show is its relative lack of dramatization. While the characters are fictitious, their problems, their emotions, their truths and their causes are not.

Lines that in most other shows would ring cheesy are entirely becoming for *Sweet/Vicious* and are good reminders for us all: "Nothing can break you unless you give it permission," a character noted in a particularly poignant moment.

I enjoyed the show immensely, but I won't be devastated if there isn't a second season. This season was an exhausting, emotional ride, but it did the story and the issue justice, and rang true for me, a young survivor who is also suffering and frustrated with the lack of a support system. It reminded me, and surely others, that we're not alone.

"I felt inextricably connected to the story and to its resolution; for better or for worse, I couldn't dissociate myself from the main characters."

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Colombian Excelso takes coffee lovers to new heights

By: Sean Deasy



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For many of us the mention of Colombian coffee summons the enduring vision of coffee farmer Juan Valdez and his trusty mule.

And with good reason.

We've seen the ubiquitous fictional character since the late 1950s in everything from TV and magazine advertisements to logos and stamps (pictured, above) as the iconic symbol of the National Federation of Coffee Growers of Colombia. It seems the Colombians made decent coffee at the midway point of the 20th Century and invested heavily in spreading the word.

"Colombian was the most popular coffee (back in the day) because they had the best marketing," says Eric Shabsove of Mountain

View Estates Coffee. "They rode that marketing campaign for a long time, even when the quality of the coffee wasn't as good as some neighbouring countries."

But that has all changed, says Shabsove, whose Toronto-based roastery imports coffee from around the globe. "Colombian coffee is the real deal now; great coffees with the perfect balance and acidity. You can light roast or dark roast the beans, or you can put them in blends. And it's a washed coffee so it's also a very clean cup – quite enjoyable to drink both in the morning and afternoon."

Shabsove is not alone in his admiration for Colombian java. The prevailing belief among coffee aficionados is that Colombian coffee is once again a leader in world coffee. And a great deal of its resurgent success, understandably, stems from where the beans are grown. In this case, Excelso Coffee is from the state of Huila in south-western Colombia.

Huila a good cup

The area is incredibly diverse in terms of climate and landscape: the southern part of the region grazes the Andes Mountains, which helps create an unprecedented growing capacity.

Most coffee-producing countries only harvest once a year – some are fortunate enough to harvest twice. Not so in Huila, which is near the equator, boasts near-perfect weather, and sits at a considerably high altitude. "This coffee is unique because of the weather and the altitude and the Andes Mountains nearby," says Shabsove. "They harvest this coffee almost all year round."

There's such an abundance of trees that some will go dormant. "But when you've got this kind of soil and this kind of weather, you'll have flowers beside coffees that are beautiful

cherries. That's just what's amazing."

That's also why the beans are handpicked, says Shabsove. "Because you could have a flower, you could have a green bean and you could have a red cherry ready to go, so you have to pick each one separately."

What does Huila's diverse climatic conditions and fertile soil mean for coffee lovers? Quite simply: a variety of high-quality, well-balanced beans with near-perfect acidity.

It's produced in a micro-lot structure, where producers pick the ripe cherries, which are then washed, dried and processed into dry parchment. The product is then sent to a central hub where the coffee is sorted for quality and readied for export.

Ultimately this coffee is destined to leave a very good taste in your mouth.

Cadefihuala cares

Who are the growers behind Colombian Excelso coffee? The Cooperativa Departamental de Caficultores del Huila, or Cadefihuala, for short.

Cadefihuala was established in 1963 by just 19 members with the goal of uniting the many small coffee producers in the region. Their mission? To increase their members' income, attempt to solve social and economic problems, and protect against an instable coffee market.

Their numbers grew considerably in the 1990s, as producers from other areas of Huila joined the group. This created the large and multi-departmental co-op that Cadefihuala is today. The co-op now comprises 4,000 members from 25 municipalities across the state.

In 2014 the organization became Fairtrade certified, which has fortified their mission to support their members in shaping a

sustainable future for their business. They are able to offer the best possible price to their coffee producers, as well as provide technical services, farming products and access to international markets. The organization continues to grow and remains committed to becoming a world leader of specialty Colombian coffees, in particular.

Their many social initiatives have turned heads in the industry. "They have scholarships for the children of the producers, that's one area that they focus strongly on," says Shabsove. "They also do a lot of medical projects for their members and the people that participate in production. So they do a lot of good things for the people and Fairtrade helps them as well."

Fairtrade impacts

Certainly the Fairtrade premium is an asset. Investments have been made in training on environmental criteria and on how to farm sustainably without damaging the ecosystem's biodiversity. One notable project is currently underway to renovate the plantations to combat la roya (leaf rust disease).

Cadefihuala has also made great progress in providing coffee infrastructure, such as drying and milling facilities, to their members. The intention is to develop infrastructure further and upgrade water treatment systems. The group has also developed a business and marketing strategy for their coffee.

The co-op now has two technical assistance teams – one for agriculture and the other for environmental sustainability. Training in crop management to boost quality and yields has already resulted in higher production levels.

A certain Colombian coffee grower, standing alongside his four-legged companion, could hardly be blamed for beaming with pride.

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OPENING CEREMONY

Fashion label swaps runway for ballet

The fashion label Opening Ceremony never disappoints when it comes to finding inventive ways to present its wares at New York Fashion Week. It has shown its clothes next to a wall oozing chocolate. It has sent models deliberately pratfalling down the runway. It has presented full theatrical productions.

This time, the label went arguably further outside the confines of Fashion Week, which begins early next month. It ditched the runway completely and instead invited hundreds of guests to the ballet on Saturday night, showing its designs on the writhing, leaping, athletic bodies of the New York City Ballet.

The costumes — brightly colored urban streetwear, accompanied with sneakers rather than pointe shoes —

were conceived by Opening Ceremony's Humberto Leon and NYCB's young star choreographer Justin Peck, and featured in Peck's new ballet, *The Times Are Racing*.

The Opening Ceremony designs were colorful and high-energy — shiny yellow parkas, black athletic pants with thick fuchsia stripes down the side, jean cutoff shorts, brightly hued trench coats — but they hardly upstaged the dancing in Peck's crowd-pleasing new ballet.

Star ballerina Tiler Peck and especially an impassioned Robert Fairchild (her husband) were standouts. Some of the ballet's best moments were shared between Justin Peck (no relation) performing his own work, and Fairchild, both in jeans and white sneakers, flying across the stage in unison. **THE ASSOCIATED PRESS**



Fashion label Opening Ceremony ditched the runway on Saturday night, instead displaying its clothes on the dancers at the New York City ballet.

PAUL KOLNIK/NEW YORK CITY BALLET VIA THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

1970s sitcom broke ground

THE SHOW: *The Mary Tyler Moore Show*, S4, E1 (Comedy Gold)
THE MOMENT: *The Ultimatum*

Lars, the never-seen husband of Phyllis (Cloris Leachman), is having an affair with Sue Ann Nivens (Betty White), the host of WJM's *Happy Homemaker* show. Phyllis confronts Sue Ann on her set. Sue Ann is unmoved. Mary steps in.

"I have to be in a meeting in 45 seconds," Mary begins. She tells Sue Ann that Ted, the buffoonish, gossipy news anchor (Ted Knight) already knows about her affair, and Mary herself will tell anyone he hasn't. Management won't like it. "So it's either Lars or your show," Mary sums up. Sue Ann chooses her show.

It's hard to describe what a powerful social force a sitcom could be in the 1970s, when Moore ruled the airwaves. Three networks and no VCRs meant that huge audiences watched every show together in real time. By season four, we'd already seen Mary ask for a raise, cross a picket line, admit she took birth control, and have (implied) sex with boyfriends old and new.



Not only did Betty White's character Sue Ann Nivens on *The Mary Tyler Moore Show* not get villainized for having an affair, she went on to become a beloved character. **CBS PHOTO ARCHIVE**

But after watching a weekend marathon in the wake of Moore's death last week, I'm struck by how often episodes revolved around two things: adultery or money. Millions of us watched Sue Ann choose her career over her love life, without hesitation.

That spoke volumes.

So did this: Not only was Sue Ann not villainized, she went on to become a beloved character. The gentleness of the show's approach to its prickly subject matter may feel a bit dated. But its frankness, and its message that

ambition trumps everything, still feel daring.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

JUSTIN BIEBER GETS SLAMMED INTO BOARDS DURING HOCKEY GAME



Justin Bieber **GETTY IMAGES**

Biebs shows off on-ice skills

Justin Bieber got a taste of NHL hockey and the Staples Center glass Saturday, courtesy of NHL great Chris Pronger.

The pop star responded by showing off skills that would not have looked out of place in his native Canada

during a celebrity exhibition game.

Bieber was driven into the boards in the first half by a laughing Pronger, who spent 18 years in the league as a hard-nosed defenceman. The singer responded with an empty-net goal and an assist as Team Gretzky beat

Team Lemieux 5-3 in the 2017 NHL All-Star Celebrity Shootout.

Although he did miss two penalty shots, Bieber scored a goal as time expired, prompting actor Cuba Gooding Jr. to joke, "Twenty-five shots later, thank God he made it." **THE ASSOCIATED PRESS**

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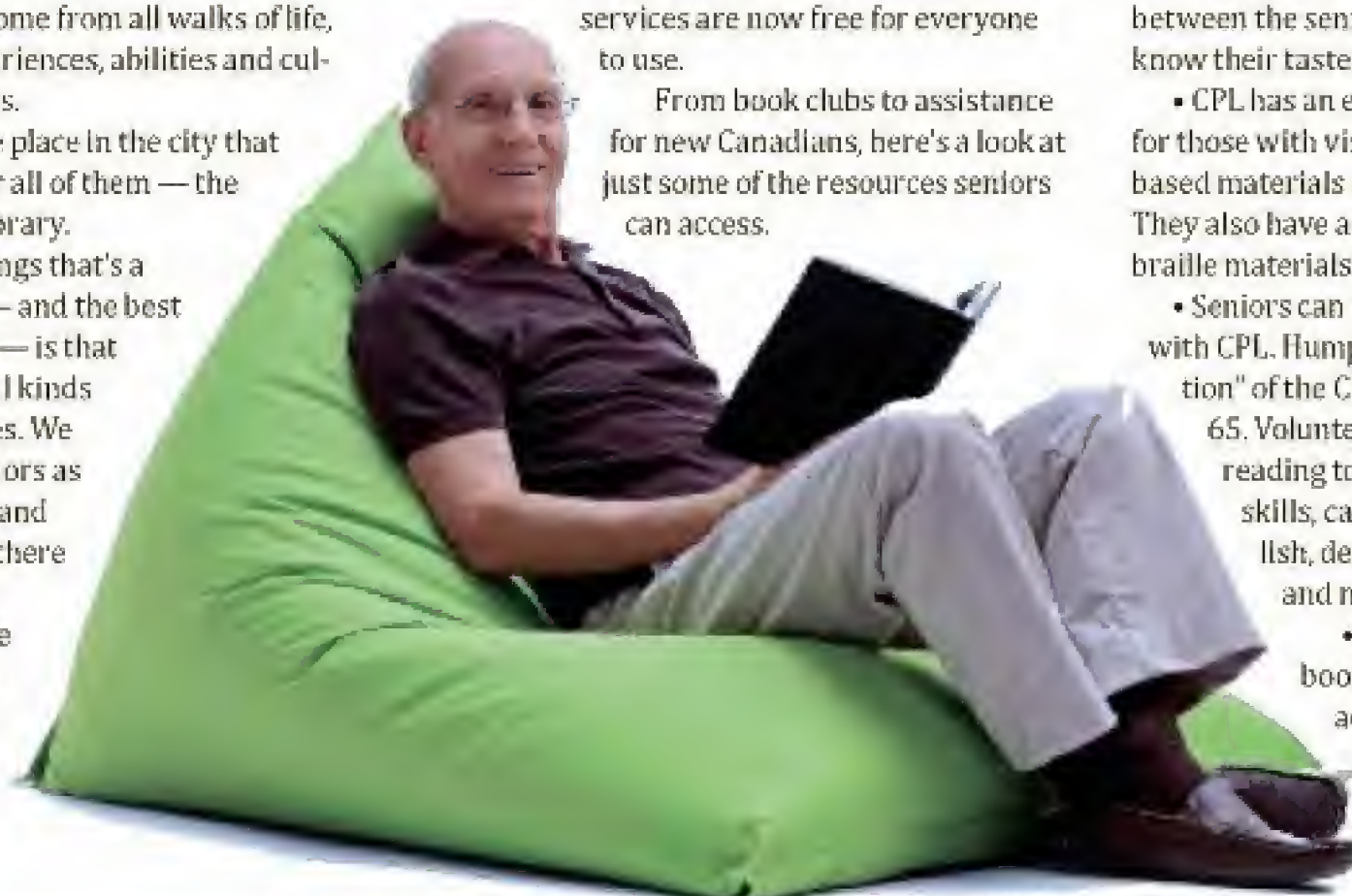
But there's one place in the city that has something for all of them — the Calgary Public Library.

"One of the things that's a challenge for us — and the best kind of challenge — is that seniors come in all kinds of shapes and sizes. We don't think of seniors as inevitably infirm and housebound, but there are some who are that. Not everyone is able to come to the library," says Ellen Humphrey, deputy chief executive officer at CPL.

"They're an important segment of the population for us, and we pride ourselves on having something for everyone."

With library card fees eliminated in late 2014, the library's 18 locations and online services are now free for everyone to use.

From book clubs to assistance for new Canadians, here's a look at just some of the resources seniors can access.



ISTOCK

- The Homebound Readers program brings the library to patrons of all ages who have mobility or health concerns. Volunteers deliver and pick up library materials once or twice a month. "Often wonderful relationships develop between the senior and volunteer who come to know their tastes," Humphrey says.

- CPL has an extensive large-print collection for those with visual challenges. Computer-based materials can also be enlarged digitally. They also have a collection of audio books and braille materials.

- Seniors can find volunteer opportunities with CPL. Humphrey says a "significant portion" of the CPL's 2,900 volunteers are over 65. Volunteering may take the shape of reading to children, helping with reading skills, career coaching, teaching English, delivering to homebound readers, and more.

- Each branch hosts monthly book discussion groups where adults of all ages gather to expand their literary horizons and social connections.

- The 50+ Lecture Series presents speakers on a variety of topics at libraries around the city, with time for socializing built in.

• A number of free educational courses to increase digital literacy, learn to use a variety of computer programs, navigate social media, and even computer programming are available at libraries, as well as online access to more than 300 free courses for professional and personal development, and free online access to the Mango Languages database to learn more than 60 languages.

• CPL is very active in helping new Canadians, offering library tours in a number of languages, materials in many languages, and settlement services in partnership with Citizenship and Immigration Calgary. In addition, there are presentations on the Canadian Immigration process, a Citizenship Exam preparation course, and English as a second language writing courses and coffee-and-conversation clubs.

MORE ONLINE

Look out for the next installment of this feature on March 27. Can't wait until then? Visit us at seniorshousingnow.ca.

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*CONDITIONS APPLY

Divorce rate of long-married baby boomers is on the rise

In her Calgary office, Sharon Numerow has a front-row seat to the rising number of so-called "grey divorces" — and what she sees can be tough to watch.

A Certified Divorce Financial Analyst, Numerow spends her days helping people, many of them in their 50s and older, work out the financial terms of their divorces and understand the implications for the future. As much as she tells her clients to treat the entire process as a business deal, there's no avoiding the emotional backdraft when a long marriage comes apart.

"Lately, I've had just so many who are 37, 38, 39 years married," she says of a few recent cases. "Often it's been the man making the decision, and they don't give a lot of explanation, so there's frustration because the other person doesn't understand why."

One couple in particular stands out: "He just looked at her and said, 'I'm sorry, I know the kids are upset,' but really didn't give a reason."

Whether it's him, her, or both together making the decision to split, the rate of marriage

breakdown among the baby-boom generation (aged 53 to 71 in 2017) is continuing an upward trend that began more than 15 years ago. Recent Statistics Canada numbers show that at least 20 per cent of people in their late 50s are divorced or separated — more than in any other age group.

It's a radical change from the previous generation. In 1981, only about 6.5 per cent of people in that same age group were split from their spouses.

Today's baby boomers are part of a larger trend. Married couples are no longer in the majority in Canada and the U.S., and all over the world the number of people choosing to live alone is growing rapidly, according to Euromonitor International.

At the same time, divorce numbers among younger generations are declining, likely because the marriage rate is also dropping, says StatsCan.

For the 50-plus generation, the decision to split is often a long time coming, says Katherine Kowalchuk, a Calgary lawyer



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"A lot of people will have stayed in an unhappy relationship because of the children, even though they may have emotionally left the marriage some time ago," she says. "The children have now left the nest and there's the midlife crisis, the realization that there's more to life than what they've been living."

The majority of the divorcing clients Kowalchuk represents are over 45, and in her experience it's often the woman who makes the final decision, and makes it stick.

"She's checked out a long time ago, and the likelihood of reconciliation is very small." And even after years of alarm bells from their wives, men are often shocked, she says.

Kowalchuk and Numerow both note that when the decision to end the marriage is mutual or at least can be approached amicably, there's much less fallout for the individuals and their families than when someone is being blamed for the divorce.

If the split is acrimonious, however, family members may align with one spouse against the other — refusing to allow access to grandchildren, for example.

"Where someone is seen as being at fault, it takes years to repair that," Numerow says. But emotions, as real as they are, can be put aside for the good of the family: "You know that even with couples where it's a mutual decision, one of them is having a hell of a time," she says.

The financial implications are significant in all cases.

"The older you are, the less time you have to rebuild," Numerow points out. "You've been working toward this freedom and retirement, and now you're faced with the fact that you're going to have to continue working, or go back to work."

For people who have been contributing to a company pension plan, the reality of losing a significant portion of the benefits is a harsh one.

"Men often get really fearful about the money. Giving half to their 'newly ex'-spouse is a hard pill to swallow," Kowalchuk says. "For men, a lot of their lives have been predicated on the idea they're going to have a full pension."

"For the women I represent, it's a scary time, because in the 55-plus age range they are very vulnerable," she says. "They have sacrificed their income-earning potential. Now, at this age, they are looking at going out and making a living on their own."

Alongside the emotional and financial travails, though, comes the chance at a new, and perhaps more fulfilling, life.

"It's so important for people to live in their own truth and their own values, because we only have one life here," Kowalchuk says.

"I look at divorce as a springboard to a do-over. It can be the scariest time in your life, but it can be the doorway to a new life, too."

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Smartphones can be as simple or sophisticated as you want

Just 20 years ago, cellphones were specialized accessories for the white-collar crowd. Today, it seems everybody's got one, and that's not far from true.

Canadians of all ages are cancelling their home phone services at a furious rate — more than half a million a year, according to the most recent statistics. And that's not because they're going "off the grid." (Not most of them, anyway!) It's because they already rely on their cellphones, and see no reason to pay for two phone services.

How comfortable you are with mobile phones may depend on how old you were at the start of that era of cellular saturation. Those now in their 50s were in their 30s and raising kids during the influx of cellphones, and probably rode the wave with ease.

But if you're a little older, you might have missed that growth curve, and now it's time to choose a phone and a plan. How do you know what's right for you? The first step is not to be intimidated, even by the plethora of features on today's touch-screen smartphones.

"For those customers who are new to smartphones, a bit of education on the features

and apps goes a long way," says Nicole Bullis, national marketing manager for Zoomer Wireless (zoomerwireless.ca), which offers phones and plans geared to the 55-plus crowd. "The apps can seem intimidating, but with a simple understanding of how to access and use them our customers catch on quickly and get to enjoy the benefits that they bring," Bullis says.

Apps, short for "applications," are features and functions that turn your phone into a helpful and enjoyable device that goes way beyond voice calling. And they can be especially helpful for older people, says University of Calgary professor Tom Keenan, award-winning writer and technology commentator.

"I think seniors, if anything, have more need than other people for certain smartphone applications," Keenan says, citing mapping and navigation, transit schedules and weather as a few essentials.

Having a top-notch camera at the ready when your grandkids are visiting is another bonus of today's phones, he says.

Keenan recommends looking at the ergonomics of any phone you're considering: "Does it fit in your hand? Is the screen large enough



ISTOCK

to read? And get a nice solid case, because you will drop it."

For those who truly only want to make voice calls, Zoomer Wireless offers a stripped-down plan and simple phones that will fit the bill. "Our \$18 Talk Plan is very popular," Bullis says. "It's perfect for customers who are just starting out with a cellphone and are looking for a no-frills service. It includes 60 Canada-wide minutes per month, which is just the right amount for making occasional calls while out and about."

She says Zoomer Wireless customers are most concerned about affordability, straightforward plans with no hidden fees, and options such as roaming for people who spend part of the year outside Canada.

Unique to Zoomer is the inclusion of a CARP membership in all cellular plans, which provides a range of benefits and discounts.

"And we know that for some people wireless can be complicated, so we make it our mission to simplify and inform our customers — no question is seen as silly."



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When gambling takes over

Visiting casinos can be entertaining and so-able outings for seniors.

Many casinos have ramped up efforts to attract seniors, drawing them with reduced food prices, guest speakers, and complimentary lunches and bus service.

But for some, visiting casinos can give rise to a gambling addiction.

To be clear, gambling addiction doesn't always involve the specter of flashy slot machines and game tables — it can also involve scratch and pull-tab tickets, lottery tickets, sports and horse betting, and even charity raffles.

But when does gambling turn from a recreational activity to a problem?

When it stops being fun and social and begins increasing in frequency with larger bets, and impacts other areas of a seniors life, says Capri Rasmussen, clinical administration manager for Aventa Centre of Excellence for Women with Addictions.

"They may not be caring for their basic needs, have increased debts, and are doing gambling instead of seeing family and friends. Maybe they are lying about how much they gamble and not wanting to engage in questions about their gambling, have tried to cut back and haven't been able to, or being more secretive, doing it further from home so they aren't seen," Rasmussen says.

Seniors can be vulnerable to addictions because of possible unresolved issues in their lives, and major life changes such as retiring, changing physical health, or the death of a partner.

Like other types of addiction, gambling is an escape and a temporary high, but financial losses, mental health issues, and an elevated risk of suicide are all ways in which the gambler's life is affected.

The number of seniors accessing help for a variety of addictions at Aventa has increased, says Karen Smith, program manager, but they're still under-represented overall.

"We'd like to see more coming in. Shame is one of the barriers for seniors accepting services, and women particularly."

Aventa's six-week inpatient program involves individual and group counseling, with a holistic approach including social and recreational therapies. Treatment fees are covered by Alberta Health Services, with a room-and-board fee of \$40 per day. Further funding options are discussed at assessment.

"Recovery is possible, and people do have good, healthy, fulfilling lives post-active addiction," Rasmussen says.

For both men and women, help for problem gambling is also available through a number of private facilities, and through Alberta Health Services Addiction Helpline, 1-866-332-2322, which can connect people to AHS addiction services.

Responsible gambling tips

The Alberta Gaming and Liquor Commission has a tip sheet for seniors on its Gamesense website, which promotes responsible gambling.

Tips include:

- Balancing gambling with other hobbies
- Setting a budget and keeping track of what you're spending
- Setting a time limit
- Not chasing losses
- Leaving emotions off the table — don't gamble when you're upset.



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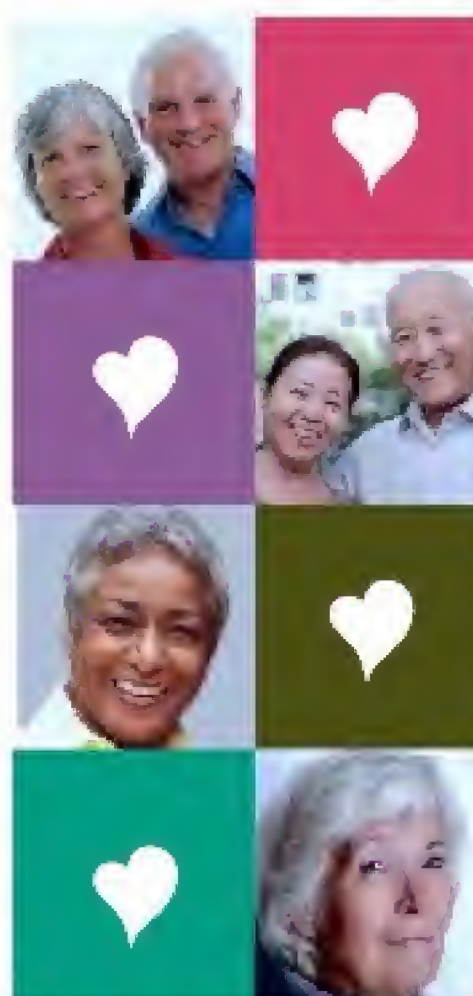
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Curler Brad Gushue will get to play in the Brier in his hometown of St. John's, N.L., after winning the provincial title

Tavares' wish for Olympics

HOCKEY

Canuck star would love to return but NHL has other ideas

John Tavares' first Olympics proved to be "bittersweet."

Though he ultimately captured gold with Team Canada in 2014, Tavares didn't get to play in the gold-medal game against Sweden because of a knee injury.

"Well, personally I would love to go again," said Tavares during all-star weekend in Los Angeles.

Whether he'll get that chance again is unclear and looking increasingly grim. The NHL remains reluctant to commit to attending the next Games in South Korea with deputy commissioner Bill Daly stating Saturday: "If the status quo remains I don't expect us to be in the Olympics."

The NHL's board of governors met Saturday and spent about 10 seconds on the Olympics, according to commissioner Gary Bettman. The governors have expressed increasing angst against players returning to a sixth consecutive Games, opposed to shutting down their season in Feb-

ruary for an event which they believe lacks in tangible benefit. Those players who have been hope they'll reconsider.

"I would love to go there (again)," said Sergei Bobrovsky, the Columbus Blue Jackets net-minder who represented Russia on home soil in 2014. "I think still it's the biggest competition in the world."

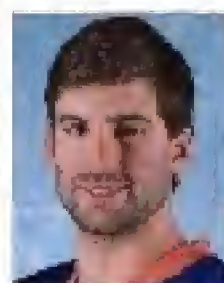
Bobrovsky said the history of the event couldn't be replicated.

"To represent your country it's a huge honour," he added.

Beyond the logistical hurdles that shutting down for the Olympics requires — a compressed schedule and greater risk of injury — the NHL isn't convinced that attending actually benefits the league in the big picture. There was evidence, they've said, of an impact when the Games were in Salt Lake City (2002) and Vancouver (2010), but not so much when they took place outside of North America in Nagano (1998), Turin (2006) and Sochi (2014).

Beijing in 2020 certainly has appeal with its massive audience, PyeongChang far less so. The owners also weren't pleased when the International Olympic Committee said it would no longer subsidize the involvement of NHL players as it had since 1998.

"I think big-picture there's a lot of challenges to it," Tavares said. "But at the end of the day I think we as players love representing our countries and best-on-best hockey doesn't happen very often." THE CANADIAN PRESS



John Tavares
GETTY IMAGES



Metropolitan Division's Wayne Simmonds, right, of the Philadelphia Flyers, scores against Atlantic Division goalie Carey Price, of the Montreal Canadiens, during the NHL hockey All-Star game, Sunday. JAE C. HONG/THE ASSOCIATED PRESS

NHL

Simmonds stars as Team Crosby bests Team McDavid at All-Stars

Sidney Crosby got the best of Connor McDavid in Sunday's NHL all-star game. The Crosby-led Metropolitan division all-stars topped McDavid's Pacific division squad 4-3, capturing not only the three-on-three affair but a US\$1 million prize that will be split among the players.

Philadelphia Flyers winger Wayne Simmonds scored the go-ahead goal and eventual game-winner in his first all-star game. Seth Jones, Justin Faulk and Cam Atkinson also scored for the victors. Crosby was ultimately held

SUNDAY in Los Angeles



without a point. McDavid scored his team's second goal on a break-away and later appeared to give them a 4-2 lead, but the goal was ruled offside. Atkinson quickly tied it, battling a second attempt by Mike Smith. He was followed by Simmonds, who rifled a one-

timer past Smith.

Joe Pavelski and Bo Horvat also scored in defeat for the Pacific division. McDavid and Crosby have been compared all weekend in Los Angeles, starting with Wayne Gretzky's assertion that the 20-year-old McDavid was "chasing" his 29-year-old counterpart for best-in-the-game status.

McDavid also noted of Crosby: "He's the best player in the world by far." McDavid leads the NHL with 59 points this season, just ahead of Crosby's 55.

THE CANADIAN PRESS

WORLD CUP MOGULS

Kingbury's golden run ended by Australia

Australia broke up Canada's traditional dominance of World Cup moguls in Calgary. Matt Graham and Britteny Cox won men's and women's gold respectively for an Aussie sweep Saturday.

Mikael Kingsbury's run of consecutive gold in Calgary ended at six. The Canadian finished second to Graham in the men's event.

"He's a machine," Graham said of Kingsbury. "He's a really good athlete and a really good friend of mine, so it's nice to kind of take it to him every once in a while and let everyone know he's only human."

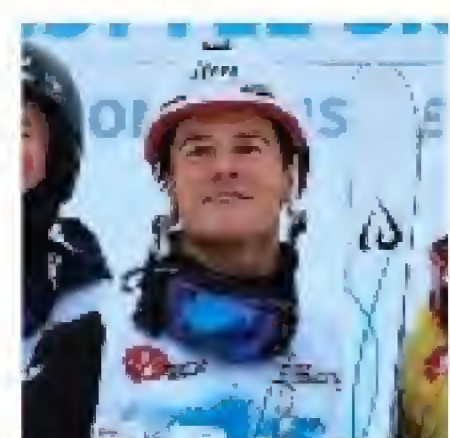
Montreal sisters Justine and Chloe Dufour-Lapointe were second and third respectively behind Cox, who claimed her third victory in four events to start this season.

Calgary has been an annual stop on the World Cup moguls circuit since 2010. With two silver and a bronze, the host team was shut out of gold for the first time in eight years Saturday.

Canadians raked in five of a possible six medals, including both gold, in 2016. The Australians served notice they intend to be in the medal mix at the Winter Olympics just over a year from now. Kingsbury had mixed feelings about the end of his golden run in Calgary. "The streak ends at six, but still another podium," said the 24-year-old from Deux-Montagnes, Que.

The two-time world champion and winner of five World Cup overall titles retained the yellow bib as the season's overall leader. Cox built a healthy points lead on Justine Dufour-Lapointe at No. 2 in the women's overall standings.

THE CANADIAN PRESS



Australia's Matt Graham
THE CANADIAN PRESS

GOLF

Spaniard Rahm wins by 3 at Torrey Pines

Jon Rahm of Spain added his name to the burgeoning list of young stars Sunday with his big game and a big finish at Torrey Pines.

Rahm made two eagles over the final six holes, the last one a 60-foot putt from the back fringe on the par-5 18th hole for a 5-under 67 to win the Farmers Insurance Open by three shots for his first PGA Tour victory.

Rahm, who turned 22 in November, beat Phil Mickelson's mark as the youngest champion



Jon Rahm
GETTY IMAGES

three shots ahead of Charles Howell III (68) and C.T. Pan of Taiwan, who had a 70.

THE ASSOCIATED PRESS

at this tournament. He also became the first player in 26 years to capture his first PGA Tour title at Torrey Pines. Rahm finished at 13-under 275, three shots ahead of Charles Howell III (68) and C.T. Pan of Taiwan, who had a 70.



IN BRIEF

Streifel beats Armstrong, takes junior women's title

Alberta's Kristen Streifel topped Ontario's Hailey Armstrong 5-3 on Sunday to capture the women's Canadian junior curling championship in Victoria.

Streifel and her team of vice-skip Chantele Brodersen, second Kate Goodhelpsen and lead Brenna Bilassy will represent Canada at the world juniors in South Korea next month.

THE CANADIAN PRESS

AUSTRALIAN OPEN

Federer beats Nadal to title Down Under

Switzerland's Roger Federer won his 18th Grand Slam title and put some extra distance on the all-time list between himself and Rafael Nadal, the man he beat in a vintage five-set final at the Australian Open.

It was the 35-year-old Federer's first major title since Wimbledon in 2012, his first in Australia since 2010, and it reversed the status quo against his nemesis, Nadal.

"Against Rafa it's always

epic," Federer said after Sunday's 6-4, 3-6, 6-1, 3-6, 6-3 victory.

"This one means a lot to me because he's caused me problems over the years."

Federer had lost six of the previous eight Grand Slam finals he'd played against Nadal and was 11-23 in their career meetings. He also hadn't beaten the left-handed Spaniard for a major championship since Wimbledon in 2007.

THE CANADIAN PRESS

MAKE IT TONIGHT

Spiced Roasted Chicken and Chickpea Traybake



PHOTO: MAYA VISNIEV

Ceri Marsh & Laura Keogh
For Metro Canada

- 2 cups cherry tomatoes
- 15 ounce can chickpeas, rinsed
- 1 cup cilantro

Directions

1. Preheat oven to 450 F.
2. Whisk oil, garlic and spices together. Take 1 Tbsp of the mixture, stir it into the yogurt.
3. In a large bowl, toss the chicken, tomatoes, chickpeas and cilantro with the rest of the oil and spice mixture. Arrange in a single layer on a rimmed baking sheet.
4. Bake for 20 to 25 minutes.
5. Serve with a dollop of the spiced yogurt.

FOR MORE MEAL IDEAS, VISIT
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Give chicken dinner a little jolt with this Moroccan spice blend and cool dipping sauce.

Ready in 35 minutes

Prep time: 10 minutes
Cook time: 25 minutes
Serves 4

Ingredients

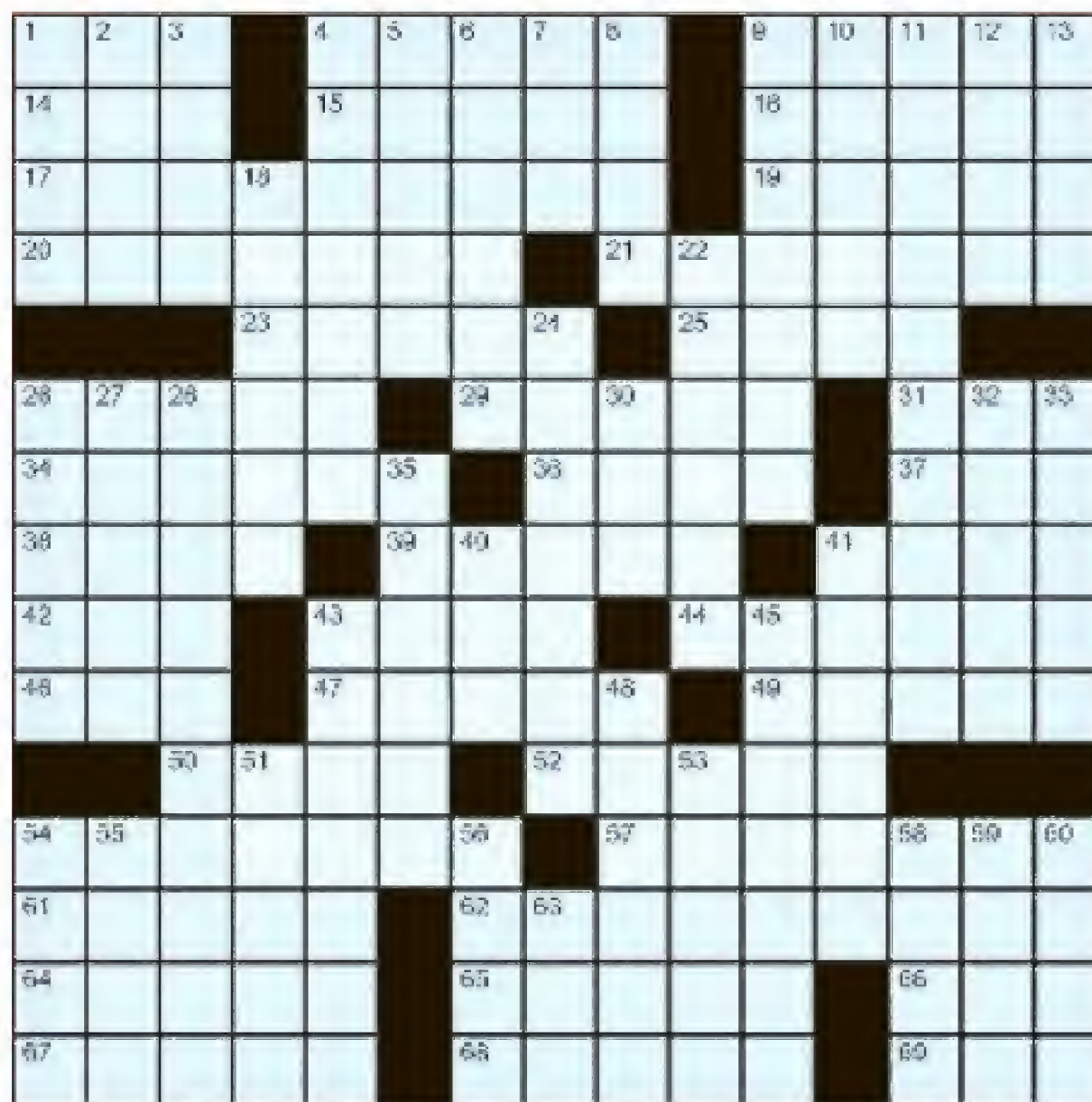
- 5 Tbsp olive oil
- 4 cloves garlic, minced finely
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp salt
- Pinch pepper
- Pinch of red pepper flakes
- 1 cup Greek yogurt
- 6 boneless, skinless chicken thighs

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Frequently, short style
4. Weasel kin
9. Spy for Moses
14. Vertical's opp.
15. Gabriel of "Miller's Crossing" (1990)
16. Sheep-like
17. Computer-using accessories
19. Ski run
20. Toughened
21. Those in hot pursuit in movie car chase scenes
23. More dreadful
25. Deli side dish
26. Gilbert and Rue
29. "Same here."
31. Want _ (Newspaper notices)
34. Thuds
36. Tense/tight
37. Ink-on-skin pic
38. Cars member Mr. Ocasek's
39. Unexpressed, but understood
41. Ms. Gershon
42. "Yuck."
43. Cumberbund
44. Cause and _
46. Funnyman Mr. Brooks
47. Polynesian amulets
49. Old tales
50. Genesis paradise
52. Type of duck
54. Fiercely feminine big cat
57. Ode on a _ Urn (1819 John Keats poem)
61. "You're in _ of trouble!"
62. "The Age of _" (1993) starring Daniel Day-Lewis and Michelle Pfeiffer
64. " _ Schoen" by Wayne Newton
65. American frontiersman, Daniel _ (b.1734 - d.1820)
66. Office neckwear
67. Found the math sum



13. Busy bugs
18. Certain cars
22. Shrewd
24. British movie director Guy
26. Theatre curtain fabric
27. Lewis Carroll character
28. Neil Young or Bryan Adams: 2 wds.
30. Mai _ (Cocktail)
32. Dazzle on the ballroom floor
33. Athletic trivia
35. Finishings on backyard decks
40. Get permission
41. Roller coaster ride sensation
43. _ in tradition
45. Defrauds
48. Log into an Internet account: 2 wds.
51. Toronto-born single-named music star
53. Talk in a monotone
54. "Presto!"
55. " _ a wonderful time."
56. The Kardashians, e.g.
58. " _ the Groove" by Madonna
59. _-tongued
60. Require
63. " _ don't!" (Retort to "Yes, you do.")

68. Trigonometry ratios
69. Not even, numbers-wise

DOWN

1. Electrical resistance units
2. _ the bill
3. 1983 Spandau

4. Ballet hit
5. Pyramid-topped pillar
6. Computer keyboard user
7. Conducted a transaction in sports or business
8. Inactivity

9. Cockpit professional
10. Canadian singer Eva
11. Founded in 1972, eponymously-named Canadian cosmetics company: 2 wds.
12. _acte (Play interlude)

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Start this week gently, because you have been high-viz and talking to lots of people. Today you want to be more lowkey, and that's just fine.

Taurus April 21 - May 21
Important discussions might take place between you and a female acquaintance. This could be about a competition with someone. Why not share your goals with this person?

Gemini May 22 - June 21
People will notice you today. They might discuss the personal details of your life, for some reason. Fear not — people see you in a positive light.

Cancer June 22 - July 23
Explore something new and different today to satisfy your urge to expand your world and learn something new. Grab any chance to travel or talk to people from other backgrounds.

Leo July 24 - Aug. 23
Clean up loose details about shared property, inheritances, taxes and debt, because you will feel better if you do this. Work to get out of debt.

Virgo Aug. 24 - Sept. 23
Be easygoing and accommodating with others today, because that's the easiest way to get through the day. Two weeks from now, you can be demanding — but not today.

Libra Sept. 24 - Oct. 23
You begin this week with a sense of purpose and a desire to get better organized. In fact, you will want to improve your health through exercise and wiser eating. Congratulations!

Scorpio Oct. 24 - Nov. 22
Today you are a Friday person in a Monday world. You would rather play hooky, party or just goof off.

Sagittarius Nov. 23 - Dec. 21
If you can cocoon at home today, you will prefer to do this because you want to hide among familiar surroundings. Family discussions might be significant, especially with a female relative.

Capricorn Dec. 22 - Jan. 20
Today you will trust your hunches more than your logic and intellect. You don't always do this, but sometimes you do — and today is one of those days.

Aquarius Jan. 21 - Feb. 19
If shopping today, you will spend your money emotionally. You will buy what you want, and not necessarily what you need. Been there, done that.

Pisces Feb. 20 - March 20
Because the Moon is in your sign today, you will respond to people around you with heightened emotion. They might not understand this.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

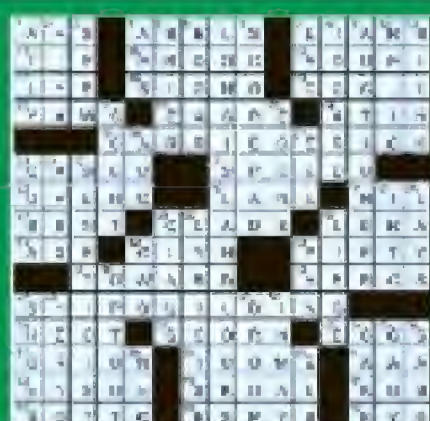


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